

Technical - Passing & Receiving (20 mins)

Set Up: Half the group around the outside. Half in the middle with the ball. Start with basic pass each target. Receive, play back. Dribble through the middle each time you receive the ball back, encouraging change of direction and speed.

Aim: Players focusing on switching the ball early and quickly. All players taking responsibility for communication. To try and move the ball as quickly and as accurately as possible from one side of the field to the other.

Progression -

1) Play pass to outside player - they hold onto it at their feet - initial passer runs around the back of them and receives it in front of them (over lap type play)

2) Play pass to outside player - run straight at them encouraging the outside player to take a positive touch wide and away from the on coming player.

Coaching Points: Technical Weight of pass. Focusing on target. Inside the foot/ firm ankle. Getting the ball out of your feet once received.

Tactical: Run to provide support. Creating angles to receive. Thinking about where to take the ball next.

Social: Communication from the outside so the player on the ball knows the options. Communication from the middle once the pass is made.

Decisions: Can I switch it quickly? Where can pass to make sure the ball isn't lost? Distance determines weight of pass



Individual/Group Tactics (15 mins)

Organization:

Field split into 2 with a neutral zone in the middle

Instructions:

Attacking team instructed to connect 3 passes before looking to play into attacking half. 1 player can then join in and team plays to goal.

Attacker can drop into neutral zone to get the ball but goal can only be scored in attacking half.

If defender wins the ball, dribble over nearest line (directionally correct) to score 1 point

Coaching Points:

When/How to play into attacker?

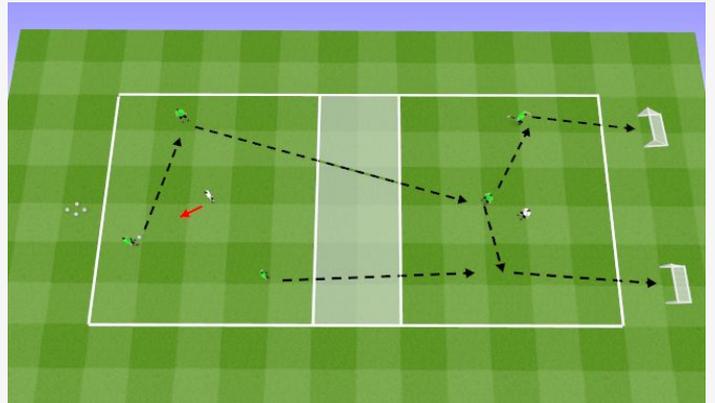
Who best supports?

When/How should we best utilize our supporting teammate?

Progressions/Regressions:

Time limit to score once ball is in attacking half

Touch limit in defending half



SSG-end zone game (25 mins)

End Zone Game - Ball in hands to start - 5 minutes

Players are playing with ball in hand.

Players look to keep possession and score points by playing ball into end zone where ball will be caught for a point.

Players can take only two steps with ball in hands before having to pivot to play.

Progression - for 10 - 15 minutes - have the ball at feet. Continuing to work on passing and moving on and off the ball.

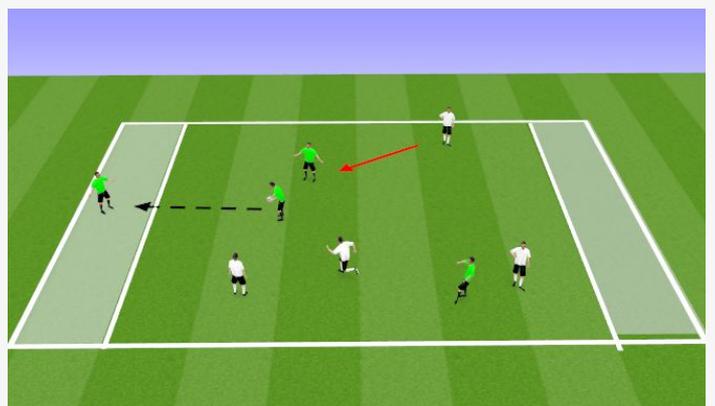
Passing and receiving Coaching points -

Finding good space and distances on the field - do not be too close or too far away

Communication - Help team mates by talking to them - let them know their options

Body positioning - Be in a position to receive the ball and take it into a good space with your first touch

Awareness - Check shoulder - always be aware of the surroundings. Always changing



Scrimmage (15 mins)

Set Up:

Scrimmage to finish (5v5/6v6)

Reiterate coaching points from throughout the session

